

THE CITY OF FLAGSTAFF RECREATION SERVICES PRESENTS:



NATIONAL SENIOR HEALTH & FITNESS DAY FAIR

Wednesday, May 26-8:30 a.m.- 2:30 p.m.

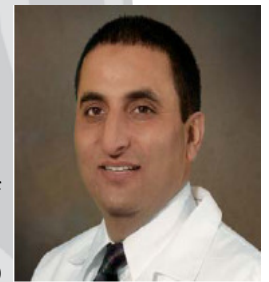
@ the Flagstaff Aquaplex, 1702 N. 4th Street



Two Key Note Speakers!

8:30 – 9:30 a.m. What you need to know: ARTHRITIS, by Orthopedic Surgeon, Amber Randall, M.D..

Dr. Randall received her AB and MD from Harvard University in 1991 and 1999. Dr. Randall is currently the only fellowship trained total joint replacement specialist in Flagstaff.



Noon – 1 p.m. What you need to know: CORONARY ARTERY DISEASE, by Interventional Cardiologist, Omar Wani, M.D.. Dr. Omar Wani, interventional cardiologist, is a member of the Heart & Vascular Center of Northern Arizona. Dr. Wani earned his medical degree in 1994 from Government Medical College Srinagar, India, after which he did an externship in cardiology at Doncaster Royal Infirmary, UK.

FREE continental breakfast while supplies last!

Purchase your Lunch Ticket by May 19th! \$8.00 per Lunch!

8:30 a.m. -Kick off the day with a "Fun Fitness Walk", indoor/outdoor-optional

Fun Activities include:

- Free climbing wall
- Information Booths
- Door Prizes
- Giveaways
- 2 Key Note Speakers
- Fun Fitness Walk
- Wii on a giant inflatable screen
- Weight training
- Bocce Ball
- Water Aerobics
- Water Walking

A sample of workshops include:

- Balance
- Cooking Demonstrations
- Stretch and Laugh Yoga
- Alzheimer's Disease
- Macular Degeneration
- Bicycle Maintenance
- Medicare Home Health Care
- Communication
- Palliative Care

For more information or to purchase lunch tickets, contact:

Thorpe Park Community & Senior Center, 245 N. Thorpe Rd. Flagstaff, AZ, 86001

Phone: (928) 774-1068

Sponsors



Flagstaff Medical Center
Northern Arizona Healthcare

